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## Strengthening Veterinary Resilience: An Editorial

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#### Abstract:

No abstract is available.



## INTRODUCTION

Celebration of World Veterinary Day (WVD) on the last Saturday of April is a proud moment for all Vets Worldwide. The event is established and celebrated every year by World Veterinary Association (WVA) to highlight and promote the lifesaving work performed by veterinarians. It also focuses on the fact that human and animal lives are interconnected with interdependent existence. This WVD falls on April 30. Recognizing the role of resilience in the veterinarian lives and their career, the WVA and Health for Animals have aptly chosen '*Strengthening Veterinary Resilience*' as the theme of WVD-2022 as "*Healthy animals require healthy advocates*". It essentially means providing veterinary doctors with all kinds of help, resources they require in their journey. WVD 2022 will celebrate efforts from veterinarians, veterinary associations and others to strengthen veterinary resilience and bring attention to this important cause.

Resilience can be defined as the capability of thriving after facing hardships or adversity and continuing to move forward optimistically. According to Jackson, resilience is '*the ability of an individual to adjust to adversity, maintain equilibrium, retain some sense of control over their environment, and continue to move on in a positive manner*'. It is an active, dynamic, and ongoing multifaceted process, which allows an individual to cope with stressful transitions and manage life events. Resilient capacity and outcome vary with individuals and time depending upon the circumstances, self-confidence level and career experiences.

In the taxing fields like veterinary sector, developing resilience is of utmost importance to thrive both personally and professionally. Most of the relevant qualities like personal resources, social support, emotional competence, internal motivation, life balance, organizational culture, and wellbeing strategies help to build resilient qualities. Resilient veterinarians are better equipped to handle the daily challenges and crises that may occur in their practices. They have the ability to remain in control of emotions to the situation and the environment they are

exposed to no matter what is happening and also retain their performances. They should be able to accept failures and life's imperfections, and see the positives in every situation, learn from mistakes and move ahead with empathy. They should take sufficient basic self-care measures like taking adequate diet, sleeping sufficient time and doing adequate physical exercise. They should also approach every situation with a positive attitude, open mind with flexible and adaptable approach. Having a proactive, positive, enthusiasm for life and work with futuristic approach and strong determination in thoughts and actions helps to overcome many adversities.

Veterinarian has to attend a myriad of animals like domestic livestock (cattle, buffalo, sheep, goat, pig etc.), birds (chicken, duck, goose etc.), pets (dog, cat, parrot, pigeon etc.), wild animals (wild pig, tiger, lion, monkey, snake, elephant) and wild birds (peacock, love birds, swan, etc) in terms of housing, feeding, breeding, disease prevention and treatment along with day-to-day care and management. The species diversity along with breed diversity poses different challenges as the feeding and response pattern to medicines vary even breed-wise posing a really challenging situation for the veterinarian. Even they have to move to the doorstep of the owner to deliver the service which not only time consuming but also stressful. In rural and unconnected areas this is a too challenging task. As most of the livestock owners are small and marginal farmers, they expect the treatment to be either free or with marginal cost and even call the veterinarian after doing its own treatment in many cases, where the veterinarian feels hopeless as it may be beyond its reach. In serious cases, many-a-times the owner is not able to afford the treatment and the veterinarian feels the pain in not able to heal the animal and seeing an animal die demands the emotional and professional challenges fuelled by the raw reaction of the owners. They must cope with multiple demands on their time and attention each day, together with the physical and emotional exhaustion of consistently caring for others. Busy consulting schedules with insufficient time per patient, challenging surgeries, demanding clients, competing

priorities and unexpected events make workload management difficult. Failures often increase anxiety and pose mental challenges fuelled by financial and physical factors hindering the treatment. Even they have to keep long working hours ethical dilemmas, along with challenging client/pet owners' relations which affect vets personal, social and emotional life. Perfectionism, caring nature, self-discipline and focus define a vet. However, unfamiliar with failure, poor coping strategies, a high stress work environment, low self-esteem and a difficulty admitting you are struggling or feeling unwell results in worsening of early mental health issues, depression and anxiety in a vet.

### **Strengthening Resilience**

Resilience in veterinarians can be cultivated by experience and learning about the resilient traits and how to cultivate them. However, to be effective it requires appropriate support by employers, clients, associations, institutions and governments to ensure adequate education, training, mentorship, and collegiality and appropriate behavior. Every vet should individually do SWOT analysis to identify the threats to own resilience and decide on the considerations for developing a more resilient

approach to thrive both personally and professionally under any adverse situations.

A strong understructure having good communication skill both at learning place and also working place with great capacity for love of profession, never a one can disparage the lordly position.

### **CONFLICT OF INTEREST**

Authors declare have no conflicts of interest.

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